

## ABSTRACT

A retractable antenna including an outer elongate telescopic element extending along an elongate axis, an inner elongate telescopic element which is slidable along the elongate axis with respect to the outer elongate telescopic element from a fully retracted position to a fully extended position; and an extended position retaining spring fixedly positioned with respect to the outer elongate telescopic element for frictional extended position retaining engagement with the inner elongate telescopic element when the inner elongate telescopic element is in the fully extended position but not when the inner elongate telescopic element is generally in a retracted position.